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Advice to People afflicted with  
the Gout. —

1774.

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A D V I C E

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People afflicted with the Gout.

[ Price One Shilling and Six Pence. ]







## A D V I C E

T O

People afflicted with the Gout:

CONTAINING

PRACTICAL OBSERVATIONS

U P O N

The TREATMENT of PATIENTS in the  
different STAGES of that DISORDER;

A N D

The Means of preventing those severe Paroxysms,  
which are so terrible to the Human Species.

By J. W I L L I A M S, M.D.

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L O N D O N,

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A D V I C E  
T O  
G O U T Y P E O P L E.

AS I feel that I shall be obliged to make some apology for offering this performance to the public; seeing that the subject, upon which I shall treat, has been so often, and so learnedly, treated of by others; it will be necessary that I should make some observations upon the nature, and the cause, of this disorder, and upon the opinion which has been generally received thereof for some centuries past. We find this disorder treated of in the most early ages of physic, and distinguished, under the names of Podagra and Arthritis, into three sorts; namely, the sanguineous, bilious, and pituitous, from the nature of the offending humour deposited, as was then supposed, upon the parts affected. This was the general opinion before the time of Galen, of Galen himself, and of all those who copied after him for several ages; and agreeable to this distinction was their method

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of cure. In the sanguineous they let blood, and sometimes in the bilious too; and in all the three they gave some strong griping purgatives; after which they ordered indiscriminately a long course of warm stomachic bitters.

The nature and cause of disorders were little understood in those days; and the whole practice of physic consisted in a number of receipts, which were indiscriminately ordered. Since the modern physicians, by the assistance of anatomy, natural philosophy, and chemistry, have improved the practice of physic, and established it upon a tolerable good foundation, the fits of the gout have been regarded as nothing more than so many efforts of nature, to throw off, upon the extreme parts, the acrid humours with which the body is surcharged: the practice of the ancients has been totally rejected; having been found to be frequently destructive, and in general to be productive of no manner of service; the disease, by all prudent physicians, is left, in a great measure, to nature, and the sick person to patience and flannel. Indeed there have been many bold and impudent rogues who have pretended to have discovered the particular qualities of the gouty humour, and certain specifics to destroy it, root and branch, in the body; but their patients have severely paid for having given credit to  
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such impostors : how far there is a possibility that any such medicine can exist in nature, will be hereafter examined.

Doctor Cadogan, who has lately wrote a very ingenious pamphlet upon this subject, is of opinion, that the gout, as well as every other chronical disorder, is occasioned either by *intemperance, inactivity, or vexation*. But, with all due deference to this learned author's opinion, I must beg leave to observe, that this definition of the gout is by far too general, and subject to many exceptions. I have known many persons, who have lived the most temperate and active lives, and who have had nothing to agitate their passions, have smart fits of the gout: indeed I must so far agree with this author that, if those persons had lived intemperate, or inactive lives, or had their passions extremely agitated, their gouty paroxysms would have been much more severe and durable.

It appears to me, that the opinion of many of the modern physicians, that the gouty paroxysms are nothing more than so many efforts of nature to throw off upon the extreme parts the acrid humours with which the body is surcharged, is well founded: but then it will naturally be asked, how is this redundancy of acrid humours formed in the body, when almost every possible means is taken to prevent it? And certainly a clear



answer to this question will fully explain the nature and cause of the gout. This will be attempted in the following sheets; but, if it should not succeed, it is hoped that the attempt will be pardoned, as it was meant well, and undertaken with great deference to the opinion of many ingenious authors who have already treated upon this subject. The human body is composed of two different parts, of solids, and of fluids: its fluids are a heterogeneous mass of salts and other active particles, enveloped in phlegm and oil, nourished by the finer parts of the aliments which are received into the stomach, and requiring a certain degree of velocity to keep them in a state of fluidity, and an uniform mixture with each other. When the velocity of this heterogeneous mass is diminished, it first grows viscid, falls into intestine motions, from the action of its particles the one upon the other, and at length grows putrid. It will likewise be necessary that the velocity of this mass should be more or less, in proportion to its bulk, and the activity of its contained particles; therefore the all-wise Author of nature has so ordered it, that this mass in the great arteries has a greater degree of motion than when it passes through the more minute vessels of the body, and has discharged much of its active particles, by the liver, and by the kidneys.

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The circulating vessels are formed by a number of fibres, adhering to each other, and endued, by nature, with a degree of elasticity, in proportion to the bulk of the fluids which circulate through the series of vessels which they form: thus the elasticity of the fibres which form the muscles of the heart and arteries, will be greater than that of the fibres which form the lymphatic vessels.—The standard of health will be, when the fluids receive such a quantity of active particles as will be necessary, when mixed with the circulating mass, to give a gentle warmth and stimulus to its containing vessels, and when the fibres of those vessels have a proper degree of elasticity. Whenever the fluids are replete with active particles, or when their active particles are too much developed; and the elasticity of the fibres is not by some other means diminished; fevers, spasms, or some other acute diseases must immediately be the consequence, except this redundancy of active particles can be immediately discharged by some evacuation, or otherwise absorbed. When the fluids are in this situation, and the elasticity of the fibres is diminished, low, intermitting, or remitting fevers will be the consequence. If the fibres of any particular part of the body have lost in any degree their elasticity, the part, under such a situation, will be the seat of a disease: the acrid particles of the fluids will be thrown off, by the force of the  
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the circulation, upon that part; obstructions will be there formed; and a degree of inflammation, or imposthumation, in proportion to the quantity and activity of the offending matter.

Whenever the fibres of the minute vessels, in the extreme parts of the body, where the velocity of the circulating fluids is very slow, have lost, in any degree their elasticity, while those of the larger vessels have retained their due force, the juices in this series of vessels will grow viscid, obstructions will be formed, and much of the active particles of the fluids will be thrown thereon, by the force of the circulation; which, by not having a due degree of velocity, grow acrid, and irritate their containing vessels.—Hence the rheumatism, and all those pains which are formed in the muscular and extreme parts of of the body.

When the fibres of the human body begin to lose insensibly their elasticity, those of the vessels in the extreme parts are the first which give way, as being the most remote from the center of motion: the fluids, not having a due degree of velocity, will become insensibly, first viscid, and next more acrid; and a redundancy of offensive matter, which is unfit for the circulation, will be gradually formed in the body, even of the most temperate person; but, when  
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the patient labouring under such an infirmity, nourishes his blood daily with such a quantity of active fiery particles, as is too powerful for his weakened vessels to circulate, the burthen of this offensive matter will be so much the sooner completed; and the united force of all the vital powers must be immediately employed, in the most powerful efforts, to throw off this oppressive load upon the extreme parts of the body, or nature must sink under it.—Hence the origin of the gout, and the cause of its paroxysms.

As this matter is more or less acrid, and the fibres of the body more or less fine and irritable, so will the paroxysms be more or less acute. It will, I think, from hence appear, that the first cause of the gout is in the solids, and not in an indisposition of the fluids, as many have supposed, the latter being only a secondary cause. We never hear of a country farmer, or workman, whose fibres are properly braced, by exercise, or otherwise, who has a fit of the gout, although he lives ever so irregularly. But as soon as by accident or otherwise, his fibres begin to lose their elasticity, he will be as liable to have the gout as any other person. We find likewise that the generality of mankind, who are subject to the gout, seldom have it till they are advanced in years, when the fibres lose their elasticity, and the circulation begins to be



be imperfect, as has been above described. Those few who have this disorder before they come to the meridian of life, are such who are naturally of very weak and relaxed fibres, or are born of parents who were either in the decline of life, or whose constitutions were extremely weakened, by debauchery and irregularity.

Many are of the opinion that the gout is hereditary, and descends from father to son, for several generations, like an entailed estate; and that there are certain latent seeds of this disorder which lurk in the blood, and are conveyed by parents to their children; and upon this opinion, *i. e.* with the idea of destroying this latent gouty matter, is founded the doctrine of specifics, and other chimerical projects, for the cure of this disorder. Parents whose constitutions are naturally weak and relaxed, can never beget children whose constitutions are strong and robust, and whose fibres are very elastic: no more can parents, whose muscles and fibres are strong and robust, beget children who are weak and relaxed, except by accident: this assertion will be verified by general observation. Parents, therefore, whose fibres and circulating vessels are greatly weakened by this disorder, or otherwise, will naturally beget children with weak and relaxed constitutions, and consequently whose whole habit is formed for

favouring this disorder. So far, except the greatest precaution is taken, they will be always liable to have this disorder; and so far the gout may be hereditary: but it does not appear to me that there is any foundation for the opinion, which has been much supported, that there are certain latent seeds of this disorder in the blood, which are conveyed by parents to their children; and, consequently, it will be seen, not only from observation, but from reasoning physically upon the nature of the human body, that all those specifics, nostrums, &c. with which mankind have been pestered for many ages past, for the radical cure of this disorder, owed their rise to ignorance and credulity.

When physic was in its nonage, it was the general received opinion that almost all the diseases of the human body were occasioned by some fault or indisposition of the fluids; whereas, since this science has been supported by experimental philosophy, and by a more diligent observation of the nature and effects of medicines, it has been found, on the contrary, that most of the chronical diseases, and particularly those which are periodical, are occasioned originally by some fault of the solids. The greatest part of the remedies were likewise originally calculated to remove some indisposition of the juices; and certainly if mankind, in those days, had lived in the



luxury and intemperance that they live in at present, and consequently had their constitutions so relaxed and enervated as they are in our days, considering likewise the difficulty of conquering those disorders at any time, very few would have been cured by the remedies then prescribed. Before it was known that the blood and juices circulate in the body, how could the most judicious physician have an idea of the nature or cause of that long chain of diseases, which, we can now physically demonstrate, owe their origin to an imperfect circulation?

Having thus briefly pointed out, or at least attempted to point out, the first indisposition of the human body which favours this disorder, as the great acrimony of the fluids, with all its attendant symptoms, are found to be only its effects; I shall now shew the means whereby the nerves and fibres of the body lose their elastic force and power of motion. And here intemperance, inactivity, and vexation, as described by Doctor Cado-gan, will certainly find a principal place. But there are other means which are equally productive of this effect: I will proceed to point them out particularly; and, as far as I can, without extending too much the bulk of this little treatise, will shew how they operate respectively upon the nerves and fibres of the human body.



And first, a human fibre, like the chord of a musical instrument, requires a certain degree of tension, to form that vibration, necessary to produce an harmonious sound in the one, and the motion of the muscles, so necessary to health, in the other. When this chord is too much extended, or has too great a degree of tension, its musical sound will be weakened, and its vibrating motion impeded; and, in the human body, when the nerves and fibres have too great a degree of tension, the muscular motion will be interrupted, and spasms and convulsions will be the consequence. When this unnatural tension, either of the chord, or of the nerves and fibres, is removed, both the one and the other will be found to have lost a great part of their elastic vibrating force; from the particles, of which they are composed, being forced too far out of their spheres of contact, which can never be again restored to the degree that it was before. Hence, therefore, whatever gives the nerves and fibres of the human body too great a degree of tension, such as intense thought, great application to business, excessive venery, sudden joy, or any thing which violently irritates these nerves and fibres; and these in constitutions which are not extremely robust, will, in the end, greatly weaken their elasticity and vibrating

force, and may be ranged among the primary causes of the gout.

Whenever there is a clog laid upon the chord of a musical instrument, its sound and vibrating force will be suspended; and, if this clog is long continued, there will be no possibility of restoring them again to the state they were in before. The same in the human body; whenever there is an oppressive weight laid upon the nerves and fibres, their elasticity will be greatly weakened, and the muscular motion retarded; and if this oppressive weight cannot be immediately removed, it is very rarely seen that they are ever brought again to their former degree of elasticity. This oppressive weight will be laid on the nerves by sudden fear, contusions, imposthumes, or other unnatural swellings; or, which is oftener the case, from a too great fullness and extension of the vessels, the effects of intemperance, and inactivity; and, consequently, all these may likewise be ranged among the primary causes of the gout. But, as nothing so much weakens the elasticity and vibrating force of a musical chord, as giving it suddenly its greatest degree of extension, and as suddenly letting it down again; and continuing of these alternately; so likewise will the human nerves and fibres lose their elasticity and vibrating force, by  
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whatever produces the same effects : and these are produced by the ungoverned use of the passions ; especially in constitutions where the nerves and fibres are very irritable : sudden transports of passion, for example, work the nerves and fibres up to the greatest degree of tension ; and, when they are subsided, let them down again much below their natural state ; and, when these are often repeated, no human constitution can long withstand their force.

Those are the principal causes which weaken the elasticity and vibrating force of the nerves and fibres, decrease the velocity of the circulation, and consequently accumulate the gouty matter : but if a person, in this situation, crams himself with high seasoned sauces, rich wines, or, which is still worse, with such a variety of these as will immediately occasion a strong fermentation in the stomach ; and, consequently, fills his already weakened vessels with active and acrid juices ; this accumulation will be so much the sooner made, and the gouty paroxysms, or the efforts of nature, to throw off the offending load, must be so much the more violent. Many authors have laboured very much to make a distinction between the gout and the rheumatism, from the nature of the humour which occasions each disorder ; but it is apprehended, that the before-going  
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observations will prove that it is the same kind of offending matter which gives rise to both disorders, only the nerves and fibres are more relaxed in the gout than in the rheumatism, and the offending matter is more acrid.

The accumulation of gouty matter in the body is discovered by acute flying pains in different parts, beginning in the remote and minute vessels; afterwards producing headaches, vertigos, pains in the stomach and bowels, indigestion, nausea, and reachings; with now and then some violent shootings in the joints of the elbows, hands, knees, and feet; a great sense of fullness in the vessels, with sometimes feverish heats, and startings in the sleep; and at other times lethargic dosings, and a great oppression upon the spirits; the pulse variable, sometimes a little fuller than ordinary, sometimes either weak and trembling, or beating five or six times every second slower than when in the natural state. After two or three days, either those symptoms augment considerably, or they subside, and the gouty matter is thrown off upon some of the extreme parts.

Persons who, in the before-mentioned relaxed state of the nerves and fibres, live intemperately, and, by filling their relaxed vessels with active and acrid matter, accumulate the gouty humour in a much greater quantity,

quantity, have the fits generally more violent : these symptoms augment, and are often attended with a strong fever, and a delirium, or convulsions. The efforts of nature to throw off the offending matter are now very strong ; but the oppression is so great, that if she is not soon relieved, she must soon sink under the burthen. In those cases it is, that the gouty matter falls upon the stomach, the lungs, the head, or some of the more vital parts, and occasions the most terrible and dangerous symptoms ; such as great anxiety, a low trembling pulse, spasms, violent reachings, *sub-sultus tendinum*, with a great difficulty of respiration ; and if immediate relief is not given, death will be the consequence. There are others again, whose constitutions are not so much relaxed, and who, by living more temperately, prevent the gouty matter from accumulating so suddenly ; where this disorder will hang upon the constitution for a long time before the quantity of this matter will be so great and offensive as to excite the efforts of nature to throw it off ; but still there will be enough to shew itself, by a variety of symptoms, in various parts of the body ; by shooting and flying pains in the extreme and muscular parts, and often in the joints ; by acute head-achs, sickness at stomach, nausea, and reachings ; by violent colics, and all the train of hysterical and hypochondriacal



chondriacal symptoms; and often by little low remitting fevers; which, although they are relieved for the present, generally return again without any other manifest cause.

It would be needless for me to point out the effects of a fit of the gout, when the gouty matter is thrown off upon the joints in the extreme parts of the body, as these are already well known to every gouty person; and, therefore, I shall only content myself with observing that this acrid matter, when it is thrown off, by the force of the circulation, upon the nerves and tendons of these parts, brings on the most excruciating pains, which continue in a greater or lesser degree, till its pungency is absorbed; till there is a critical discharge thereof by the pores of the skin, or by some other evacuation; or till the parts are rendered callous and insensible. The generality of gouty patients are eased by the former; but although the pungency and acrimony of the gouty matter are absorbed, yet as the muscular motion upon those parts is in a great measure suspended, by the weight of this matter; and their nerves and fibres extremely weakened, from the irritation which they suffered, this now almost inactive matter hangs upon the parts, and forms considerable swellings, which are often accompanied with a heavy dull pain; and which, without the assistance of art, continue  
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till they are increased by succeeding fits ; and, at length, they destroy entirely the motion of the parts upon which they are formed.

Sometimes, indeed, where the redundancy of this acrid matter is not too great, where the nerves and fibres are not too much relaxed, where there is not a plethora, and where the powers of nature are succoured by art, we often see a critical discharge of the gouty matter through the pores of the skin, in the form of a thick stinking sweat ; by the kidneys, in the form of a thick discoloured urine ; and sometimes by fits of vomiting, when an acrid greenish-coloured liquor is discharged : but most commonly this critical discharge is made by stool, when the excrements are extremely acrid, and appear as if they were mixed with too great a quantity of a thin acrid bile. Gouty patients are also sometimes eased from the terrible pains which they suffer from the pungency of the gouty matter, by the parts upon which this matter is thrown off being rendered callous and insensible ; but this is a very melancholy consideration, that ease should be purchased at so dear a rate ; and certainly, where this matter is so extremely corrosive, every possible means should be instantaneously used to destroy its pungency.

Having thus briefly attempted to give an account of the nature and cause of the gout,  
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and of the terrible effects which it produces upon the human body, I shall now proceed to make some practical observations upon the treatment of patients, in the different stages of those severe paroxysms, and as well upon the means of preventing, as much as the nature of the constitution will admit of it, their return in future ; a part which, it is presumed, will be much more agreeable to the gouty patient, than that of having the knowledge of the nature and cause of his disorder.

To put the constitution in a state to resist this terrible disorder will be much more meritorious even than the giving of ease, and palliating it, when it has already begun its attack ; and, therefore, that shall be the part which shall be the subject of my first enquiries. Much has been already said upon this matter by many learned authors, and many ingenious outlines have been drawn for this purpose, but the portrait is not yet finished, and perhaps never will be ; but still some judicious strokes of the pencil may be added to make it more agreeable. Activity, temperance, and peace of mind, as pointed out by Doctor Cadogan, are by no means injudicious lines in this portrait, but still there is a great deal wanting to fill it up. I have known many persons who have led the most active and temperate lives, and who have had  
no

no apparent cause for vexation, have the gout very severely, even in the warm climates of Spain and Italy. The flannel gloves recommended by this author, and even the flesh-brush, together with well chosen courses of *mild antimonial, absorbent, or saponaceous deobstruents and sweetners*, have often failed; but, on the other hand, I have known them sometimes succeed, at least in procuring a temporary relief. Parents, who have children of tender and delicate constitutions, and, from the relaxed state of their nerves and fibres, may be subject to the attacks of this disorder, should, from their infancy, use every artificial means to brace up their relaxed fibres, and to strengthen their muscles, so as to enable them to give a due force to the circulation, and to throw off by perspiration, and the other evacuations, any acrid particles which may be formed in the blood: this is a duty which they owe to their offspring, and which may contribute more to their temporal happiness than any thing they can give them; for all the riches and pleasures of this world are but baubles to those who have not health to enjoy them. I know of no better method to strengthen a constitution, naturally in a weak and relaxed state, and to give an elasticity to the fibres, and a force to the muscles, than cold bathing, either in a common cold bath, or in the sea; but then the person



should always plunge in head-foremost, and never stay in the water more than half a minute; but, if it is necessary, rather take two or three plunges at a time.

The author of this treatise had, in his infancy, a very tender and delicate constitution, with relaxed and irritable fibres, which he inherited from his parents; and, consequently, might expect to have had the gout in the most violent degree; but, by being forced to use the cold bath continually during his childhood, and occasionally all the early part of his life, together with gentle exercise, a moderate regimen, and now and then a dose of rhubarb, to carry off the effects of an indigestion; he has acquired such an elasticity of fibres, and strength of muscles, as will enable him to bid defiance to the gout, and almost all the chronical diseases. In his infancy, he thought his parents were very cruel in forcing him to use such a severe discipline; afterwards he liked it, and at present regards it as the greatest blessing they could have bestowed upon him: and, to more than fifty other persons, in the same situation, to whom he has ordered the same kind of discipline, he has not met with one wherein it has failed of success. Indeed it should be here observed, that a person who would receive all the benefits of the cold bath, should be well rubbed with coarse

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hand-towels for four or five minutes, immediately upon his coming out of the water. This method braces up the relaxed fibres, strengthens the muscles, promotes the circulation, opens the pores, promotes perspiration, and dissolves obstructions in the capillary vessels; and all these without the assistance of any internal stimulus.

How far this method may be practised upon persons who have already been attacked with the gout, after the fit is gone off, and the joints cleared of all the remains of the gouty matter, will be hereafter rationally examined: experience has proved it to succeed as a preservative against the return of this disorder, beyond any thing that has hitherto been practised.

To form a constitution capable of resisting this disorder, there will be something more required than to brace up the fibres, and to give a force to the muscles; to prevent the vessels from being filled, and the vital powers from being oppressed with a load of acrid matter, and to keep the blood and juices in a state of balmy fluidity, is a point equally essential with the former. As young persons are not naturally inclined to surcharge their vessels by eating and drinking, or to lead an inactive course of life, it will be almost unnecessary to recommend them temperance and  
gentle



gentle exercise ; their excesses are generally of another nature.

Too violent exercise will destroy a young person much sooner than if he uses no exercise at all ; and there are one hundred young persons, who have tender and delicate constitutions, destroyed by the former, to one that is injured by the latter. Hard study is likewise extremely prejudicial to a young person, who has naturally a weak constitution ; it is, as it were, forcing of nature to a greater degree than she can bear. But there is nothing that relaxes a constitution, and weakens the whole œconomy of nature to so great a degree, as excessive venery ; and certainly there are as many young persons, whose constitutions are destroyed by this means, and by long courses of mercurial medicines, which are frequently the consequences of it, as by any of the other excesses which they fall into : the most elastic fibre, and the strongest muscle, are hereby relaxed and weakened, and a foundation is laid, not only for the gout, which may in such a situation be agreeable, but for other chronic diseases, which are still more distressing.

As young persons, who have relaxed and irritable fibres, do not injure their constitutions so much by the quantity which they  
eat

eat as by its quality, the latter very often filling the vessels with acrid juices which are unfit for the circulation, although these vessels are not furcharged; it will be necessary that I should, in this place, point out such meats and drinks as are injurious to the human body, corrupt the blood and juices by their acrimony, weaken the fibres, form obstructions, and, in fact, lay the foundation for a chain of chronical diseases; for the relief of which fits of the gout may be thought a happiness. Young persons seldom want the whip and spur of luxury to excite their appetites, although their constitutions are weak and delicate; the natural warmth and activity of youth, which have not yet been checked, supply this want.

Nature will now point out what is proper for her, if they will obey her dictates. Their fibres do not want the stimulus of wines or strong liquors; they are sufficiently invigorated by the natural warmth of the blood and juices; consequently such liquids cannot now act as cordials; on the contrary, they inflame the blood, and oppress the spirits. The effects of the use of wine or strong liquors in a young person, are immediately fevers, or some degree of inflammation, especially if his constitution is weak and delicate; and their continued use, not only corrupt and fill the blood and juices with acrid particles, but they  
destroy



destroy the elasticity of the fibres, by giving them a greater degree of stimulus than is necessary to excite their vibrating force.

Hence, therefore, all kinds of wines and strong liquors should be avoided, as so many certain, although slow poisons, by young persons, who have tender and delicate constitutions. Mild balsamic liquids will be their cordials; daily experience will convince them of this truth; and if they run counter thereto, they will soon smart for their imprudence. But those hot and inflammable liquids, as their use cannot be long persisted in, do not so much corrupt the blood and juices, fill the vessels with acrid particles, and lay the foundation for the gout and other chronical diseases, as meats that are seasoned with fiery spices, salts, and acids: the oil and pickle shop should be looked upon with horror by all young persons; indeed I might have added likewise, by those who are more advanced in life. I am persuaded that French cookery, that curse of human nature, wherein even luxury herself is debauched, has destroyed more young persons by consumptions, than all the wars of Europe; and multitudes of those who had a strength of constitution to withstand its sudden effects, have fallen a sacrifice to the gout and other chronical diseases.

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Those poor deluded wretches who have been its victims, did not consider that this violent stimulus to rouse their nerves and fibres to a little sensibility, by being repeated make them become the more callous and insensible; and that even the same things frequently repeated, must not only be increased in quantity, but exalted in quality to produce the effects they wish for; so that at length they will not know where to stop, and every meal they make will add an additional load to oppress the weakened and relaxed fibres, to inflame and fill the blood with acrid particles, obstruct all the capillary vessels; and, if nature is not strong enough to throw off this acrid load, by a painful fit of the gout, or some other critical discharge, and, by stopping them in their career, to gain a little respite, a hectic fever must immediately arise from the irritation, and soon put an end to their course.

Behold this picture, O ye young ones! and shudder at the sight of it: it is drawn by nature's pencil, and therefore demands your attention. But to such a height is a debauched luxury, (as indeed I cannot call it by any other name) and sensuality, arrived in our days, that, even among those classes of people who are not in a situation to use French cookery, those poor deluded wretches suck in poison with their daily bread, with-



out knowing what will be the consequence. Their ancestors were content with living upon the common animal and vegetable food, dressed in a plain manner, and taking the due proportion of each; as nature has dictated; they used exercise, and exposed themselves as much as possible to the open air, to keep up the elasticity of the nerves and fibres; and they had very rarely the gout, or any of the predominating chronical diseases of our days. But at present no person will eat the most common animal food without its being seasoned with pepper, or other hot spices; with pickles of different kinds; with garlick, onions, horse-raddish, or other sharp, hot, and inflammatory things: even a dish of fish is not regarded as proper to be eaten, except it is done up with red pepper, vinegar, and rich sauces: and whenever these sharp and inflammatory things incommode the stomach, they are washed down with rich wines, or drams; and thus is the blood loaded with those acrid and fiery particles which lay the foundation for the gout and every other chronical disease.

There is also another kind of food which is in general use among the common people, and frequently so among those in the highest spheres of life, that is no less destructive than those which I have heretofore descried, and this is salted and smoaked, pickled and potted, flesh

flesh and fish of all kinds; heavy bread, and heavy puddings; all which are so hard of digestion, that the strongest constitution cannot dissolve them fine enough to pass through the minute vessels of the body. Mankind have been strangely mistaken with regard to this kind of food; for the same means which they take to preserve them from putrefaction before they are eaten, will prevent them from being dissolved afterwards, so that they can afford no good nourishment to the body; because they are never digested; but the salt, vinegar, and spices with which they are often preserved, being diluted and carried into the circulation, dissolve the globules of the blood, and make its serum more acrid; and, in strong constitutions, give rise to the scurvy; but, where the nerves and fibres are relaxed and irritable, to the gout and other chronical diseases.

I make no doubt but, by this time, some zealous Epicure, transported with rage, will be ready to say, that, as I have endeavoured to find fault with almost every fashionable mode of eating and drinking, the plan which I am about to propose for young persons to avoid the gout, and many other chronical disorders, will be no less severe than that which is laid down by the methodists for mankind to gain eternal happiness.—Patience, sir, and you shall see that I will point out a



regimen for young persons, which is not only agreeable to nature, but which is composed of such meats and drinks as, if their taste is not already vitiated, will be found to be more agreeable to the palate than those which I have before condemned. Doctor Cadogan observes, “ That the things we feed upon  
 “ ought all to be in a perishable state, or they  
 “ will never furnish the materials of good  
 “ blood; and whatever is hardened or seasoned to keep long before it is eaten, ought  
 “ never to be eaten at all, for it will never  
 “ dissolve in the stomach.” Certainly the latter part of this observation is very just, but the former cannot be admitted, in the full extent of the doctor’s meaning. All kinds of animal food in a perishable state, have an alkaline putrescent tendency, which, if not corrected in the human body, by something which is gently acid, will bring on the most destructive putrid diseases. To correct the alkaline putrescency of the animal food by some mild diluted acid, and to surcharge that food with acid, so as to prevent it from dissolving by the force of the animal powers, are two different things.

The regimen which I shall propose to young persons of weak and delicate constitutions, to co-operate with cold-bathing, gentle exercise, and to avoid excesses of venery, hard study, &c. as a preservative against the  
 gout,

gout, and most other chronical diseases, is composed of almost every kind of animal food that nature has furnished us with, and a due proportion of mild vegetable food; but these prepared in a different manner to what they are by the modern cookery, which has changed entirely their nature, and made our poison what Providence has calculated for our nourishment.

And, first, the animal food, after it is cleaned for dressing, should be hung up in the open air, till its fibres and muscular parts have lost, in some degree, their toughness, but not till they have lost their natural sweetness; for the moment that animal food begins to grow putrid, that is, when its volatile alkaline parts are so much developed that they affect the smelling, it becomes prejudicial to the human body, affords no good chyle, and even becomes disagreeable to the palate of every person whose taste is not depraved. The time that will be necessary for making meat tender, will be longer or shorter according to its nature and the state of the atmosphere. Afterwards it should be roasted, boiled, or stewed, in a plain manner, and without any kind of high seasoning, till it is quite hot through, but not till any of its mild juices are discharged, or at least not till any more of them are lost than what are discharged from the external parts; and, indeed, not

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till



till its red juices are much discoloured by the action of the fire. Then it is that animal food is in the highest perfection for eating, the easiest of digestion, and its juices the most mild and salutary for the human body.

Mankind in general have been much mistaken with regard to this matter; the opinion which is much adopted, that flesh-meat is not wholesome except it is almost dried by the action of the fire in dressing, is a false one. The French mode of dressing flesh is as contrary to nature, and as absurd in itself, as many others of their customs. When meat is boiled too much, its juices are lost, and it becomes hard, dry, and difficult of digestion. When it is too much roasted or broiled, its mild nature is changed, the fat becomes rancid, and, as well as the lean, acquires a degree of acrimony which is extremely prejudicial to the human body.

Meat dressed in the manner before mentioned, should be eat with a small quantity of salt, or some other mild acid, together with a proportionable quantity of bread, or some other mild vegetable substance; the former to prevent its immediate tendency to putrefaction in the stomach, and the latter to neutralize the chyle to such a degree as is necessary to produce good blood. For, whenever a man attempts to live upon flesh-meat alone,

alone, his appetite will immediately become keener, and even ravenous; and nature will, as it were, call aloud for some gentle acid and absorbents to correct the alkaline acrimony of the blood. And when he lives upon vegetables alone, whereby the blood and juices will become too acid, he will immediately find a craving for animal food to temperate the acidity. Those kinds of solid food should be diluted and washed down with soft water, fine small beer that is well hopped, water mixed with a small quantity of some rich wine, or some other well fermented liquor, at particular times, and in weak constitutions.

Doctor Cadogan is of the opinion, that light puddings, cakes, pastry, and indeed every thing made of flour, especially fermented, bread in particular, so far from being the wholesome things many imagine, are not only unwholesome by their acescency, but by the strong ferment they contain, they force into fermentation every thing capable of it that they meet with in the stomach: and he endeavours to prove this assertion by an experiment with toast and water, which he lets stand for six or eight hours near the fire, so as to be kept in the heat of the human stomach; and he finds that it will turn as sour as vinegar.

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I have already observed, that there is a certain quantity of vegetable food necessary to correct, by its acescency and absorbing quality, the alkaline tendency of the animal food which we eat, so as to make it proper to produce good blood. But, if there is a superabundant quantity of vegetable food taken at a meal, and this mixed with sugar, and such other things, as immediately upon their being warmed will turn sour or ferment, the doctor's observation will be found to be just. However it is denied, that good bread will produce any such effect; and the experiment which is shewn to prove the fact, is by no means adequate for the purpose.

The author of this treatise has drank water infused upon toasted bread with his meals for several years past, to dilute his animal food, and has never found any inconveniency therefrom: when the water is saturated with the alkaline particles of the animal food, and with the juices of the body, it is impossible it should turn sour in the stomach, even although it could be kept there for six or eight hours; and it has not active particles enough to raise a fermentation. What this author has observed with respect to wine, that it is the source of a great number of diseases, is in general true, especially when it is drank in a considerable quantity. Wine should be taken  
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as a medicine, or as a cordial, by persons who have weak and delicate constitutions. and this only occasionally ; but the mode of debauching young persons therewith, and destroying their natural taste, which is at present in use, is both destructive of their health and happiness. Whenever a small quantity of wine is found to be necessary, some old light wine is recommended, either to be used pure and in small quantities, or to be mixed with water.

I make no doubt but some wine-bibber, of which indeed there are but too many at present, will start up, and say, that wine cannot be that unwholesome liquor that those formal doctors would point it out to be, because that there are many who drink a bottle of wine every day, and live to a good old age, free from the gout and most other chronical diseases. Wine is not in itself unwholesome, when it is used occasionally as a cordial, or as a medicine, as nature intended it ; but it becomes so, like many other things, when it is used as food, and to excess. I once knew an English surgeon, who had drank two bottles of brandy every day for near forty years, and lived to the age of seventy-six ; and undoubtedly there are some who drink a bottle of wine every day, and escape the gout ; but, because there are such phenomena in nature, is that a reason that others

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should



should expose themselves to the consequences of such a mode of living? I am persuaded that, if we take mankind in general, ninety-nine in a hundred would fall a sacrifice to such a practice.

Another practice which the fertile genius of the French nation has contrived, and introduced among the luxurious part of mankind is, the drinking of coffee immediately after dinner, with a quantity of cream and sugar, and this with the view of assisting digestion: but its effects are found to be just the contrary. I will venture to say that nine in ten of those who drink their coffee in this manner, and particularly young people, are very soon after troubled with the heart-burn, or a disagreeable sensation and oppression of the stomach, arising from fermentation or acrimony. Those sons of a debauched luxury seem to have been conscious of this fact; and, to prevent it, order a dram of some spirituous liquor to relieve the stomach, and to force this indigested acrid load into the blood, the consequences of which I have already pointed out.

Young persons should avoid eating too much of the fat of animals; it is very difficult of digestion, and very apt to turn acrid upon the stomach, especially where there is not a strength of fibres sufficient to throw it off. Too much sweetmeats of any kind,

creams, confections, &c. will produce the same effects, and should be avoided. Eating too much at a time is extremely prejudicial; it loads and relaxes the stomach, occasions an imperfect digestion, and fills the blood with acrid particles. Young persons whose appetites are keen, should rather eat often, than eat too much at a time. Too much sleep is also extremely prejudicial to persons who have relaxed fibres and weak constitutions; there is not any thing in nature that tends more to relax and enervate a young person than this: from six to eight hours sleep in the twenty-four is sufficient for any constitution.

Young persons in general, but particularly when their constitutions are weak and relaxed, should be exposed as much as possible to the action of the cold air, and should be kept in gentle exercise therein, as there is no artificial means that we can use, not even cold-bathing itself, that is so effectual for strengthening a relaxed constitution, for giving a degree of force and strength to the muscles, and, with the other means which have been before proposed, for preventing the gout and other chronical diseases, as gentle exercise in the cold air. On the contrary, keeping young persons, who have naturally strong fibres, in warm rooms, and in a warm relaxed air, will weaken the muscles, relax the



nerves and fibres, give a looser texture to the blood, and produce all the dire effects of such a constitution. But many have been much misled with regard to this matter; and have supposed that the exposing a young person to the cold air alone was sufficient to strengthen the constitution; although they found, to their great mortification, that the keeping a child inactive in a cold room, or in the cold air, for a considerable time, was the cause of an obstructed perspiration, of fevers, and of many other disorders.

This is too often the case in schools, and other public places; but it is by no means what I would recommend. Those who would receive the bracing effects of the cold air, should keep the muscles gently in motion, and the circulation free by gentle exercise; whereby a natural perspiration will be promoted, and the nerves and fibres made more elastic: whereas the cold air, with the muscles in an inactive state, will congeal the juices in the capillary vessels, obstruct perspiration, form obstructions, and tend rather to weaken than to strengthen the fibres, as well as produce immediately the diseases before mentioned.

Having pointed out the principal means whereby young persons, who have naturally weak and enervated constitutions, and who may, in consequence, reasonably expect to  
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have the gout, may brace up their relaxed fibres, strengthen their muscular parts, and, by living regular, bid defiance to that disorder; I shall now proceed to make some practical observations upon the management of persons who have neglected those means, and who are already attacked with the gouty paroxysms; and also to point out occasionally the absurdity and wickedness of those who attempt to cure this disease by specifics and nostrums.

I have already shewn that an accumulation of the gouty matter in the body manifests itself by acute flying pains in the extreme and muscular parts, which afterwards produce a head-ach, vertigo, pain in the stomach and bowels, indigestion, nausea, reachings, and now and then some violent shootings in the joints of the elbows, hands, knees, and feet: there is generally a fullness of the vessels, with feverish heats, startings in the sleep, and often an oppression upon the spirits; the pulse variable, sometimes trembling and unequal, at other times slower than when in the natural state, but most frequently weak and quick. When these or the like symptoms appear, it may be concluded, that there is an accumulation of gouty matter afloat in the body, which disturbs the motions of the vital parts; and that nature, although she is not yet extremely oppressed, is using her efforts



forts to throw it off; and, in a day or two, if the operations of nature are not interrupted, the gouty matter will be thrown off upon the extreme parts. But here the generality of mankind have fallen into a great error; they justly suppose that nature now wants some support to throw off the gouty matter upon the extreme parts; and, that, except such assistance is given, this matter may fall upon the stomach, head, or some other of the vital parts, and bring on the most violent, and sometimes dangerous symptoms; but the means which they use for this purpose sometimes produces the contrary effects; and, in general, not only makes the gouty paroxysm much more severe and painful, but durable.

The common practice in this situation is to order indiscriminately, cordials, Madeira, and other strong wines, and the richest spoon-meats, to inflame the blood, and to bring on a strong fever, but, if those who pursue this method would only consider, that, when the vessels are too full, and the blood is inflamed, or has too great a degree of velocity, the offending matter cannot be thrown off upon the extreme parts; and that, if some other relief is not immediately administered, spasms and convulsions will be the consequence; they certainly would be sparing of those inflaming ingredients in this situation: indeed whenever any hot or irritating medicines are given at  
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this time, although there is even an oppression of the spirits, a great fever will be generally raised, the gouty matter rendered more acrid, the pain considerably increased and prolonged, and the fit, which would have ended in a few days, is protracted to several weeks or months; and when, at length, the acrimony of this matter is absorbed, and the pain abated, it leaves such a weakness of the nerves and fibres of the parts affected, and such an obstruction of their containing vessels, that the poor patient generally remains a cripple ever after.

Opium, which is commonly the sheet-anchor in this scene of distress, it is true procures a momentary ease; but, alas! this ease is dearly paid for, by the disagreeable effects of that languid and enervated state into which the poor patient is plunged by the use of this drug. The external means which have lately been used in common practice for alleviating a gouty paroxysm, appear to be no less improper for that purpose than the internal means above described. Surely nothing could be more effectually calculated to destroy the elasticity of the fibres, and to leave the affected parts in a state of insensibility; and as well to make the gouty matter more acrid, and even putrid, than the heat occasioned by the blood-lettings: and it is astonishing that any sensible person should think of ordering such a means



means to give ease in the gout. All kinds of acrid cataplasms and plasters, which produce no evacuation, applied to the affected parts, especially if there is any degree of inflammation, or any tendency thereto, will be always found to be equally prejudicial.

But, as I am treating of this matter, I cannot avoid taking notice of a practice lately adopted by some Americans for the cure of the gout, by treating it as an inflammatory disorder, even after it has manifested itself by some or all of the before mentioned symptoms; especially, as I have seen it very often productive of very bad effects, and sometimes fatal. Whenever the accumulation of the gouty matter in the body occasions feverish symptoms, they should rather be treated as the symptoms of a putrid fever, than as those of a simple inflammatory fever; consequently the antiphlogistic method pursued by those practitioners, is by no means calculated for giving, in general, even a temporary relief. Where there is a great fullness of the vessels, and the fever runs high, undoubtedly a temporary relief will be obtained by this means; but, alas! notwithstanding all their other specifics and alteratives, the consequences even of this will be generally disagreeable, and often fatal; as the means which they take to relieve those feverish symptoms, will, at the same time, weaken the powers of nature, so  
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that the gouty matter will never be thrown off in a regular fit upon the extreme parts of the body, but hangs upon the nerves and tendons, and occasions very disagreeable symptoms, and sometimes sudden death.

As far as I can learn, eight in ten of all those who have been treated by this method, have severely smarted for their imprudence. But, as I would willingly treat those practitioners with candour, I must observe that the quantity, as well as the acrimony of the gouty matter, will be most certainly decreased by this method, but a critical discharge can never be obtained thereby; and, consequently, no cure, not even a temporary one, is to be expected. However, for the sake of argument, I will suppose that the gouty matter could be totally destroyed by this or the like means; yet, as long as the nerves and fibres remain in the weak and relaxed state which hath been before described, this matter will again accumulate, and the disorder return as bad as ever.

Hence, therefore, after giving it the most candid examination, and after having observed its effects with the utmost attention, I must conclude, that this mode of relieving the gouty paroxysms ought not to be adopted, as even the temporary relief which it sometimes procures will be often productive of the most fatal consequences.



Whenever an accumulation of the gouty matter has manifested itself by the before mentioned symptoms, with a great fullness of the vessels, strong fever, and violent pain, there can be no danger in taking away a little blood, especially where the patient is young, and the constitution not yet broke down by the force of the disorder; but this must be done with as much caution as in the most dangerous putrid fever: afterwards some gentle cathartic, such as, one ounce of manna dissolved in simple-mint water, with some grains of rhubarb, and a scruple of the diuretic salt, together with one drachm, or one drachm and a half, of the tincture of Russia castor, may be administered, to purge two or three times, and to carry off the redundancy of acrid matter, which some medicine of this kind will do, without weakening the nervous system in the least, but rather contribute to forward the expulsion of the gouty matter. The day following, if the pain should continue violent, or if the gouty matter should not appear to have been thrown off upon the extremities, and nature should seem to want some assistance to forward its expulsion, a scruple, or a half drachm of musk may be given every six hours, made into a bolus, and washed down with some gentle julep. Three or four doses of this drug will have surprising effects in this situation: the expulsion of the  
gouty

gouty matter will be immediately forwarded, the spasms of the muscles removed, and the violence of the pain abated; and, by continuing it for two or three days, a very severe fit may be mitigated and made of very little consequence.

As I have not heard that this drug was ever ordered in gouty cases before I ordered it, I will beg leave to point out the effects which I have observed it to produce in those cases, and to compare them with the effects which were produced by other drugs in the same situation, whereby its excellence in all cases of this kind will be manifest. Immediately after a proper dose of musk was received into the stomach, that is, from one scruple to two scruples, according to the strength of the patient, (I generally order two scruples, except the patient has the disease in a very gentle manner) he felt a change for the better, when the pulse was low and trembling, with an oppression upon the spirits, and even a *sub-sultus tendinum*, the patient found himself immediately revived, and the pulse rose gently to a natural state, or if any thing rather quicker, but without any great heat or agitation. When the pain was very violent, with spasms of the muscles, and great feverish heats, from the excessive acrimony and irritation of the gouty matter, this extraordinary drug almost instantly removed all those



disagreeable symptoms, and appeared to be equally anodyne with a dose of opium; while, at the same time, it kept up the vibrations of the nerves to the natural standard, and supported the elastic force of the fibres and muscles; whereas the opium is always found to relax and to oppress them, and, consequently, ought not to be given in gouty cases.

This drug likewise procures a pleasing refreshing sleep, without leaving the patient in that languid dejected state wherein he often finds himself after having taken a dose of opium. It likewise protrudes the gouty matter gently to the extreme parts of the body, by removing the spasms and irritation of the nerves and fibres, and giving them a gentle and regular vibration, something above the natural state; and, by removing, in a great measure, the acrimony and irritation of the gouty matter, takes off the sensation of pain; whereas most other cordials, wines, &c. which are given for this purpose, produce the contrary effects, render the gouty matter more acrid, excite the feverish heats and irritation, and make the pain more severe and lasting. Hence, therefore, I must take the liberty to recommend this drug as one of the best medicines I have ever seen used for removing the symptoms above mentioned in gouty paroxysms.

Where musk could not be procured, I have ordered the powder of the best Russia castor,  
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to half a drachm at a dose, and have found the effects to be of the same nature with those produced by the musk, but the former were in a degree greatly inferior to the latter. When the gouty matter is thrown off upon the extreme parts, and has fixed itself upon the joints of the hands or feet, I have always found a cataplasm of milk and bread, mixed with the one quarter or even the one third part of mithridate, and applied warm to the part, to give great relief, especially where the quantity of the gouty matter is very great, and attended with an inflammation, and when the fibres of the part are not already too much relaxed and debilitated: but, when the constitution is already debilitated and weakened, the common blistering plaster, mixed with about the one quarter part of the powder of camphire, applied to the affected parts, produces sudden and pleasing effects, and discharges a great part of the acrid humour.

I was lately greatly pleased to find that Sir Clifton Wintringham, in his judicious notes upon the *Monita et Præcepta Medica* of doctor Mead, had recommended blisters in cases of this kind. The late doctor Dover has very much recommended a thin beef-steak to be applied to the affected part, as a topical remedy for the gout. I have likewise frequently ordered it; and, in many cases, have  
found



found it produce very extraordinary effects : where the inflammation is not too great, or the parts too much debilitated, it opens the pores, and discharges the gouty matter so plentifully by perspiration, that, if it is not changed at least every two hours, it stinks and grows putrid : in fact, it appears to have all the good effects of a warm cataplasm, without irritating the affected parts. Hence, therefore, with the internal use of the musk, and some mild diluting drinks, to keep up a gentle perspiration, a gouty paroxysm may by this means be made mild and tolerable, or perhaps entirely removed, which would otherwise be extremely severe, and last many weeks or months.

When the force of the gouty matter has spent itself, or when a considerable part of this matter is discharged by some evacuation, and the violent pain and irritation of the parts is removed, one or two gentle cathartics should be ordered, such as the before mentioned, or any other, composed of the tincture of rhubarb in wine, or in spirits of the *tinctura sacra pil. Rusi*, &c. as recommended by Sir Clifton Wintringham ; but all kinds of cold relaxing drugs, which weaken and debilitate the fibres, that are already but too much relaxed and debilitated, should be at present avoided. Afterwards, where the fibres have been greatly weakened and relaxed,

ed, some light preparations of the *cort. Peruv.* such as the decoction, or the infusion, with the tincture, given in proportioned doses, may be very properly administered for two or three weeks, to give some tone to the weakened muscles, before any other means should be used to prevent the return of the fit.

But when, from the great quantity and acrimony of the gouty matter, the before mentioned symptoms are more violent, and are attended with a strong fever, delirium, or convulsions; or when, from the great oppression of this matter, the efforts of nature are not strong enough to throw it off upon the extreme parts, so that it falls upon the stomach, the bowels, the head, the lungs, or some of the more vital parts, and occasions great anxiety, a low trembling pulse, violent reachings, a continual diarrhæa, spasms, with a great difficulty of respiration, and *subfultus tendinum*, the patient may be judged to be in great danger; and, if immediate relief is not given, nature must sink under her oppressive load. In this situation it is dangerous to use any means that will weaken the efforts of nature; and, although the diarrhæa and reachings indicate that there is some acrid humour throwing off by stool, or by vomiting, yet I have always found that the most gentle vomit or purge, given in  
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this situation, when there is not naturally some strength of constitution, will sink the patient to such a degree, that it was with the greatest difficulty he could be raised again.

Here the musk may be given with the greatest success. I generally order it from one to two scruples at a dose, in a bolus, or in pills, which should be washed down with some mild stomachic julep, and repeated every four or six hours: five or six doses, and sometimes less, will very rarely fail to procure the wished-for relief, and to make a revulsion of the gouty matter upon the extreme parts, especially if the feet and legs are at the same time bathed in warm water, and warm stimulating cataplasms, or plasters, formed of the common cephalic and blistering plasters, in equal parts, be applied to the soles of the feet.

After the gouty matter is by this means thrown off upon the extreme parts, the fit may be treated in the manner which has been heretofore described. It will be necessary that the patient should take as much mild nourishment, which is also easy of digestion, and gentle diluting liquids, as will nourish his blood, absorb part of its acrid particles, and keep up a moderate perspiration. The medicines before mentioned will keep his spirits from sinking, so that he will have no occasion  
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for wines, the common hot cordials, or rich spoon-meats for this purpose ; on the contrary, they tend not only to augment the quantity of the gouty matter, but to make it more acrid, and, consequently, should now be avoided. But, when the constitution is not yet so much relaxed ; and the patient, by using some degree of temperance, has prevented this acrid matter from accumulating suddenly, this disorder will be felt in different parts of the body for some time before the quantity of the matter will become so great and offensive, as to excite the efforts of nature to throw it off, and will manifest itself by shootings and flying pains in the extreme and muscular parts, and often in the joints ; by acute head-achs, and all the train of nervous symptoms, and sometimes by little remitting fevers, which are with difficulty relieved.

Various methods have hitherto been used to remove this disorder ; some modern practitioners have endeavoured by the antiphlogistic method, and by alteratives, to correct and destroy the acrimony of this matter ; and very often a temporary relief is hereby procured ; but, as they have taken no method to strengthen and brace up the weakened and relaxed nerves and fibres, the disease returned again as bad as ever. Others again have endeavoured, either to bring on a fit of the

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gout, imagining that that alone would be a sovereign cure for all those disagreeable symptoms; or to cure them by antimonials, or what is commonly called nervous medicines: and certainly a temporary relief will very often be procured by this means; which, if it was succeeded with some other means, to brace up and strengthen the relaxed nerves and fibres in the extreme parts of the body, and to give a greater force to the muscular motion, and joined with a moderate regimen, might have effected a lasting cure; but as these means are generally neglected, and the nerves and fibres remain in their weak and relaxed state, as soon as the effects of the stimulus occasioned by those medicines are removed, the disorder returns again as bad as ever.

The method which I have hitherto used in this case, which at first view appeared to be rational, and which experience has since proved to be effectual for removing those symptoms radically, is, in the first place, to order every, or every second evening, for three or four times, from five to eight grains of fresh powdered ipecacuanha-root, with two or three grains of salt of wormwood, as a gentle vomit, and to work it off with camomile-flower tea. This course is ordered not so much with the intention of cleansing the stomach, as with the view of exciting the powers

powers of nature to throw off what is hanging upon the muscles, and occasioning those pains and uneasinesses. Afterwards, when this matter is felt in the muscular parts, or to move from one part to another, the spirituous waters of the Geronsterre, or of the Pouhun at Spa, or the Pyrmont water, may be ordered, as deobstruent and alterative medicines; but not above thirty ounces of the former, and twenty-five ounces of the latter, in the twenty-four hours, when they are drank at their respective sources. Such a regimen should be used as hath been before described; and, after this course has been persisted in for two or three weeks, the patient may likewise begin to use the cold bath: the former were only ordered to prepare the humours for expulsion, but it is from the latter that the nerves and fibres are to recover their tone and elasticity, and the muscles that degree of force that is necessary to keep up a due circulation in the capillary vessels. The patient should be well rubbed with rough coarse hand-towels after he comes out of the bath, and use gentle exercise: and when this method has been pursued for some time, and been modified according to the strength of the constitution, I have never seen it fail, not only of promoting the expulsion of the gouty matter which was hanging upon the muscles,



but also of fortifying the constitution to that degree as to be able to resist almost every kind of chronical disorder.

But when this acrid matter lies very deep among the muscles, or is fixed upon the tendons of the joints, as in the sciatica, &c. and is consequently out of the reach of common medicines, the foregoing plan will have very little effect: in such cases the following deobstruents have been ordered with great success; they seldom fail to force open the obstructions, to correct the acrimony of the humours, and to remove the pain. Every night, when he is going to bed, I ordered the patient to take one grain and a half of mercur. dul. and one grain and a half of kermes min. first rubbed well together, to form a kind of æthiops, and afterwards made into a pill, with powder of liquorice-root and honey of roses, which is to be washed down with a draught of sage and baum tea, in which is mixed fifty drops of a mixture, composed of ten drachms of the wine of the glass of antimony (commonly called Huxham's essence of antimony) and six drachms of the common liquid laudanum. The laudanum in this mixture takes off, in some measure, the violent stimulus of the antimony, and the antimony corrects the narcotic quality of the laudanum; so that the mixture is carried with  
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the mercury into the most minute vessels, and becomes a most powerful deobstruent and anodyne.

During this course, which may be continued as long as any pain or uneasiness is found in the affected parts, even if it should be for five or six weeks, if the patient is inclined to be costive, some gentle purging medicine may be ordered every seven or eight days; but, when this is not the case, there will be no occasion for any cathartic, as the mercury is so corrected by the kermes min. and by the laudanum, that there will be no possibility of its producing any bad effects. I have ordered it in cases of this kind, for two months successively, without perceiving that it affected the mouth in the least degree, an increased perspiration being the only visible effect it seemed to produce; and I was greatly pleased lately to find, that the ingenious doctor Fothergill had ordered a medicine much of the same nature, in cases of this kind.

When it is found, from the pain being removed, and the part affected recovering some degree of force, that the acrimony of the humour is destroyed, and the obstructions forced open, it will be necessary to order a course of the Spa or Pyrmont waters, as before observed, with the cold bath to strengthen the weakened parts; and, if a lasting cure is wished for, the latter should be continued for  
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several months successively, and afterwards repeated occasionally at different times. I was once obliged to order the cold bath for ten months successively in a case of this kind, and afterwards during the summer months for two or three years following; but the effects were surprising, for the patient not only got rid of a disorder which had made him miserable for many years, but acquired such a strength of muscles and elasticity of fibres, as enabled him to bid defiance to almost every kind of chronical disorders.

As I have now pointed out the means which I have hitherto used to alleviate the gouty paroxysm, and to carry off radically an irregular gout and sciatica, I shall now proceed to lay down the plan which I have pursued for carrying off the remains of the gout, when the constitution was broken down by its severity, when the fibres had lost much of their elasticity, and when the joints were clogged and obstructed, and considerable swellings formed thereon, so that the motion of the limbs was greatly impeded: indeed, if the joints are not entirely burnt to chalk, and the elasticity of the fibres entirely destroyed, some relief may be always obtained. This I apprehend will likewise be a piece of information that will not be disagreeable to a great number of gouty patients, and will be more worthy of their attention than

than the knowledge of the nature and cause of their disorder.

I am now, therefore, to propose the case of a patient who has had several fits of the gout; and, by the severity of which, the nerves, tendons, and muscles of the parts, which have been the seat of the disease, are so much weakened, and those parts so much obstructed and swelled, as to make every kind of motion uneasy to him. This, I apprehend, is a very common case, and I have not heard of any effectual remedy that has been ordered by others to relieve it, for want of which many hundreds are made cripples, and their joints burnt to chalk. I shall, therefore, take the liberty to recommend the means which I have successfully used to dislodge and throw off the remains of the gouty concretions that may have obstructed and weakened the joints, or which may have lain in any of the minute recesses of the muscles, and to promote a free circulation and perspiration upon the parts, and afterwards to brace up the relaxed nerves and fibres, and to prevent a fresh accumulation of this matter. To dislodge and throw off these gouty concretions, I have hitherto used the sulphureous waters of Aix-la-Chapelle; but I must own, that if these waters are not prudently applied, they will defeat the intention for which they were ordered, and do more hurt than good; for which reason, I shall be



very particular in laying down the plan I have used for this purpose, with the reasons which first induced me thereto.

The waters of Aix-la-Chapelle, as I have observed in my treatise upon their virtues, abound with volatile, sulphureous, and saponaceous particles, and are found to be extremely penetrating and resolvent; but, at the same time, they are found to soften and relax the fibres very much; and, therefore, in cases of this kind, where the fibres are already but too much weakened and relaxed, their relaxing quality must be corrected by some other means. Common bathing in these waters must be avoided; for, although it tends greatly to dissolve obstructions in the capillary vessels of the body, by rarefying the juices, and softening their containing vessels, it relaxes the nerves and fibres extremely. I have likewise tried the vapour-bath several times, which is powerfully resolvent in many cases, but I never found it succeed well, and I apprehend for the same reason; but the Douche has answered beyond any thing that I have ever seen for this purpose. I generally ordered the patient, except he is of a very sanguine constitution, or has very irritable fibres, to begin with drinking from twenty to five and twenty ounces of this water every day, as an alterative medicine, which is found to be powerfully saponaceous and resolvent; and  
after

after this has been continued for fourteen or fifteen days, I order the Douche to be taken upon the affected parts for at least an half hour every day, while the parts are rubbed very gently by the guide.

But during the use of this powerful external application, it will be necessary to use something internally, to keep up the elasticity of the fibres, and to counteract the relaxing quality of the waters; for which purpose, I generally use a medicine composed of a solution of the volatile alkali in the juice of lemons, and mixed with the decoction and the tincture of the Peruvian bark; one scruple of the first, with two ounces of the second, and one drachm of the third for a dose, which is to be repeated three times a day. This course continued for three weeks or a month, and sometimes more, if the case is desperate, will rarely fail to remove the swellings and obstructions of the joints, and to throw off all the remains of the gouty concretions that may have lain thereon, or in any of the minute recesses of the body, and to promote a free circulation upon the parts; while the elasticity of the fibres is rather increased by internal medicines than otherwise.

There are many cases of this kind, where the nerves and fibres are so extremely relaxed and irritable, that these waters, while the constitution is in this situation,



tion, will always produce feverish heats and uneasinesses, which, if not immediately removed, will defeat all the good effects that may be expected from this practice: for which reason, whenever the nerves and fibres are in this situation, it will be necessary for the patient, before he begins these waters in any form, to use some such a medicine as I have before described, for fifteen or eighteen days, to give some tone to the nerves and fibres, and to accelerate the muscular motion; and afterwards the water will rarely or ever fail to produce the wished-for effects. I have lately had the opportunity of ordering the Bath-waters, with dry pumping, in three or four cases of this kind, where it was not convenient for the patients to come to Aix-la-Chapelle: but the effects were very different; which, I apprehend, arose from the Bath-waters being more tonic, and not so penetrating and resolvent as the sulphureous waters of Aix-la-Chapelle. Upon the whole, as far as I am able to discover, there is not any thing in the whole *Materia Medica* that is equal to these waters, prudently used, to dislodge and throw off all those crude gouty concretions which obstruct the joints, and frequently lye concealed in the minute vessels of the body, and to promote a free circulation and perspiration upon the parts.

Doctor

Doctor Cadogan has recommended rubbing the patient all over, when he is in bed, with flannels, or flannel gloves fumigated with gums and spices, which, as he supposes, will contribute greatly to brace up and strengthen his nerves and fibres. Undoubtedly the doctor's idea is in some measure right; such a practice might contribute to brace up the nerves and fibres, but would the doctor have the fibres braced up before the obstructions were removed, and the gouty concretions dissolved? Certainly he could not mean any such thing; he supposed undoubtedly, that the patient should first use some such a deobstruent method as I have before observed; and afterwards, when there was a free circulation and perspiration upon the parts, his oriental mode to strengthen the fibres might be very prudently carried into execution.

After the swellings of the joints are entirely removed, and the gouty concretions dissolved, which will be known by the affected parts regaining their motion and flexibility, I generally order the patient to use the cold-bath every day, together with a continuation for a week or two at least of the bark medicine before described; which will be found to give a tone and elasticity to the nerves and fibres, and a force to the muscles beyond any thing that I have hitherto seen used for that purpose. The patient himself will be sur-



prised to find what sudden and pleasing effects this method will have upon his constitution in such a situation ; and, if it is persisted in for some time, and joined with a proper regimen, and gentle exercise, it will not only remove all the effects of former fits of the gout, but strengthen the constitution to such a degree as to prevent any future attacks of this disorder. But when the swellings of the joints and the gouty concretions cannot be entirely removed, and a free circulation restored in the affected parts, a partial cure is all that must be expected, and the cold-bath should not be used, as there may be some hazard in using it : and, after using the Aix waters as before described, which will never fail to give some relief in cases of this kind, doctor Cadogan's method may be very properly applied, and will certainly be of service ; or, if the flannel should not be found to be sufficiently rough and irritating, which will often be the case, rough hand-towels, or the flesh-brush, may be used for this purpose.

A patient in this situation should never fail to use gentle exercise of various kinds ; but, from the weakened state of his nerves and fibres, particularly in the affected parts, (which, although assisted by the powerful means before described, have not a degree of vibration and elasticity sufficient to throw off

their oppressive load) he can only expect to have the severity of his disorder removed ; and he must likewise strictly adhere to the regimen which will be hereafter pointed out ; certainly those means co-operating the one with the other, will contribute to keep his disorder so much under, that life, which would otherwise by the force of this disorder be almost insupportable, may hereby be made tolerably agreeable.

But the principal point which I have to treat of, and what mankind in general wish the most for is, after a fit of the gout is removed, not only to prevent its returning, but to prevent this disorder from changing into some other disorder, and to strengthen the constitution to such a degree as to resist its future attacks. This is a point which numbers of ignorant pretenders have made part of mankind believe they were capable of attaining to, by their specifics and nostrums ; and many have ruined their health by trusting to such artful rogues. Various other modes likewise have been proposed for this purpose by some regular practitioners, such as bleeding, blistering, vomiting, purging, issues, courses of antimonials, and other alterative medicines ; but hitherto, as far as I have heard, they have failed of success ; even a diet of milk and vegetables has been found to be ineffectual. I shall, therefore, in the first place,



place, take the liberty to offer my thoughts to the public upon this head, and to point out what I apprehend to have been the cause that all those modes of practice have failed of success: but, as I would not have even supposed that I meant this as a criticism upon the works of other regular practitioners, I shall offer my thoughts thereon candidly, and with great deference to superior judgment.

I have already observed, that while the nerves and fibres are in a relaxed state, and the muscles have not a sufficient force to give that degree of velocity to the circulating fluids in the minute vessels of the body, which is necessary to prevent their first growing viscid, and secondly acrid, every method that can be used to correct the acrimony of the juices, and to destroy the gouty humour, will fail of success, and can give only a temporary relief, even although it is assisted with the strictest regimen and the greatest temperance, because the original cause of the disorder still exists. Bleeding, for instance, will allay the feverish symptoms and pains occasioned by the heat and acrimony of the blood for a short space of time; but, as soon as the blood has again, by nourishment, recovered its former degree of heat and force, those symptoms return as bad as ever. Blisters likewise will discharge a quantity of  
acrid

acrid humour from any part of the body, and will thereby give a temporary relief in many chronical disorders; but, as they are not proper to brace up and strengthen the relaxed fibres, and to give a force to the weakened muscles, this humour will be again generated in the body, and the disorder will become as strong as ever. Vomiting and purging will be productive of nearly the same kind of effects. Issues, and other drains of that nature, will draw off likewise the acrid humours from that part of the body wherein they are applied, and will palliate, in some measure, if they are continued, the force of this disorder; but, as they are not calculated to remove its cause, it is impossible that a cure can be thereby affected.

Courses of mild antimonial, and other alterative medicines, when preceded by proper evacuations, and joined with a strict regimen, will sometimes give considerable relief, by correcting the acrimony of the juices, and forcing open the obstructions of the capillary vessels; and, if they are succeeded by such means as will give a due tone and elasticity to the nerves and fibres, and a force to the muscles, so that the circulation may be carried on in the minute vessels of the body with its wonted degree of velocity, there can be no doubt but that this disorder might be thereby



by very often radically cured. But the generality of practitioners having hitherto supposed that the original cause of the gout was in the fluids, and not in the solids, direct all their medicines to correct the viscosity and acrimony of the former, and have neglected the latter ; which, it is presumed, has been the reason that an effectual plan has not hitherto been laid before the public for the radical cure of this disorder, at least in constitutions where the nerves and fibres have not almost totally lost their elastic and vibrating force.

Much has been said of the efficacy of a diet of milk and vegetables to cure this disorder. Some authors have averred that the gout has often been cured by this means ; while others, on the contrary, assert the impossibility thereof ; and even doctor Cadogan is of the opinion, that such a regimen relaxes and enervates the man, and does not sufficiently support the health and vigour of his body. Thus have mankind been left in a state of uncertainty with regard to this matter, as I have not heard that any of those authors have given the reasons upon which they founded their opinion, and experience teaches us to declare sometimes for the one side, and sometimes for the other ; that is, that there are some constitutions wherein this regimen  
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will have very good effects, and others wherein the effects will be just the contrary, is an undoubted fact.

It is not only necessary that the human blood should be nourished, but, to preserve the body in health, it should be nourished with such particles as will keep up the warmth and activity of its globules; and, at the same time, give some degree of stimulus to the fibres of its containing vessels, the want of which will undoubtedly relax and enervate the man, especially if his constitution is naturally weak and relaxed, and his blood thin and poor: but, on the contrary, where the fibres are naturally elastic, and the blood rich, such a regimen cannot be productive of any bad effects; because the fibres do not want that stimulus to keep up their contractions, and the muscular motion; nor the blood any more active particles to support the warmth of its globules.

Hence, therefore, whenever there is naturally a moderate strength of constitution, and where the nerves and fibres have not been already too much debilitated by the force of the disease, nor the globules of the blood too much impoverished by the activity of this acrid humour, undoubtedly a regimen of milk and vegetables alone will be productive of many good effects in this disease; and, if persisted in, destroy the acrimony of the



gouty humour, and palliate all the symptoms; and, if this was succeeded by cold-bathing, or some other means of the like nature, to brace up the fibres of the capillary vessels, and to give a force to the motion of the muscles, a radical cure might thereby be expected. On the contrary, when the nerves and fibres were naturally in a weak and languid state, or have been rendered so by intemperance, or by the severity of this disease; and when the blood, by the same means, is in a weak and impoverished state, and its globules have not that warmth and activity which is necessary to keep up the contractions and elasticity of the fibres; such a regimen will not furnish the blood with such active particles as will be proper for this purpose; and, therefore, as doctor Cadogan has justly observed, will relax and enervate the man, and should be carefully avoided.

As I have endeavoured to prove, that all the modes of practice which have been hitherto used by sensible practitioners, can procure only a temporary relief in this disease: and, as I believe, from what has been said, every rational man, who has the least share of judgment, will clearly see, that all those nostrums and specifics which have been quacked upon the public are so many impositions, and those who have practised them either notorious rogues, or ignorant fools; let us now

examine candidly, and according to the dictates of nature, by what practicable method a person, when a fit of the gout is ended, and the remains of the crude gouty matter discharged from the joints and minute vessels of the body, may for ever prevent its return; and so strengthen his constitution, although it was before weak and tottering, as to be able to resist this and most other chronical disorders; a point that is as practicable, and that, I will aver, may be as easily attained, as the cure of an intermitting fever by Peruvian bark, or a broken bone by rest.

I have already observed, that there are two things necessary towards attaining to this point, and to prevent the gouty matter from accumulating again in the body; and these are to brace up the relaxed nerves and fibres, so that the blood and juices may have a free circulation, and a due degree of velocity through the minute vessels of the body; and, at the same time, to take care that the blood is not replenished with new acrid particles; which, when added to the old, might frustrate, at least in a great measure, what is here proposed. I have also frequently observed, that there is not, perhaps, in nature, any mode that is so well calculated for bracing up the relaxed fibres, for strengthening the muscles, and for giving a due force to the circulation in the capillary vessels of



the body as cold-bathing, when it is prudently applied, and seconded with gentle friction and exercise. But, as I am well aware of the great objection that will be made to this practice in gouty cases, by people who are not acquainted with its effects, I shall state it here, and endeavour to shew that it can have no foundation in nature.

It is generally supposed that the cold bath, in cases of this kind, will repel the gouty humour, and force it from the extremities to the more vital parts of the body; but when we consider the nature of cold-bathing, and its physical effects, we shall be taught by reason, as well as by experience, that this objection is absurd and fallacious. The sudden plunge into the cold water, which, in fact, is the only rational method that can be used in cold-bathing, not only checks the propelling force of the heart and muscles for the moment, by giving a certain degree of spasm to the voluntary muscles, but the motion of the involuntary muscles is likewise in some measure suspended, and the powers of nature are, as it were, for the instant rendered inactive. But the moment that this spasm is removed, and the nerves regain their vibrations, and give a motion to the heart and arteries as before, the vital powers, like a fire that has been only checked, will redouble their force, the blood will be propelled with a much greater

greater velocity through the arteries, and a sudden glow of heat will be felt in all the extreme parts of the body; consequently, no acrid humour of whatever nature soever, which is situated in the minute vessels in the extreme parts of the body, can be by this means forced upon the more vital parts, except this spasm is too long continued, and the motion of the involuntary muscles is overpowered by their being in such a weak and languid situation as not to be able to bear such a sudden shock without some artificial assistance, which may be occasioned by keeping a person of a very weak and delicate constitution too long in the cold water; but, as this never happens to a physician who understands the nature of cold-bathing, who orders his patient to get out of the bath as fast as possible after the plunge is made, none of those disagreeable effects can possibly ensue.

I have seen a person, in the prime of life, who was reduced almost to a skeleton, and to the weakness of a child six months old, by a stubborn intermitting fever, which had resisted the most judicious internal remedies that could be applied; and who, at the same time, was almost consumed by an inveterate scurvy, carried to the cold bath, and plunged for about a quarter of a minute every day, and was thereby cured of both his disorders, without any other remedy whatever, except  
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a large glass of warm Madeira wine for four or five days, which was taken immediately upon his coming out of the bath. The scurvy was not, by this means, repelled, although the powers of nature were so much weakened; on the contrary, it was found to be hereby forced out more upon the skin: I believe all those who bathe in the sea for this disorder, will find the same effects. The above mentioned case was one of the most dangerous in which the cold bath could be used; but the prudent physician who ordered it, very judiciously guarded against any ill effects that could arise from the weakness of his patient by the warm Madeira.

Finding, therefore, from experience, as well as physical reasoning upon this subject, that the cold bath, when prudently used, cannot act as a repelling medicine, but the contrary, I must recommend it as one of the best remedies in nature to brace up the relaxed and weakened nerves and fibres, to give a force to the muscles, to promote and give a due velocity to the circulation in the minute vessels of the body, to open the pores and promote perspiration, and to strain and purify the blood; and all this without any fatigue to the patient, and without the assistance of the stimulus of any internal medicine whatever; which, at best, can only act by keeping up a kind of temporary fever, and, when the body becomes

becomes accustomed thereto, it will no longer produce the wished-for effects.

When I find the nerves and fibres much relaxed and weakened by the severity of this disorder, I generally order the patient to use such a gentle preparation of the bark as I have before described for six or seven days; when he begins to use the cold bath, to plunge into the water head foremost, and not to stay therein above half a minute; to be well rubbed with rough warm cloths when he comes out, and afterwards to walk as far as he can without being fatigued, and till he finds a gentle perspiration come on; or, if walking is disagreeable, to ride on horseback for the same purpose: and some kind of exercise of this nature should be practised in the open air two or three times every day.

When the body begins to gain strength, and to be accustomed to the cold bath, he may plunge into the water two or three times each time of bathing, but he should not stay in the water above half or three quarters of a minute each plunge; for, except there is a very great strength of constitution, staying longer in the cold water may do great hurt, and I cannot see what good purpose it can answer. Among the common people in Russia, where bathing is used more perhaps than in any part of Europe, they first order the patient into a bath of warm water, to rarefy  
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and increase the velocity of the blood and juices in the capillary vessels, to open the pores, and to soften the rigidity of the fibres; and, as soon as they get out of the hot bath, they immediately plunge into the cold bath, which will be twice as powerful and effectual now, as it would be if it was used in the first instance. I own I was a little surprised at seeing this practice at first; but, after having reflected upon the effects that it might produce, I clearly saw that it was extremely well calculated for the constitution of a Russian, whose fibres are very much braced up, and whose blood and juices are rendered very viscid by the cold of the climate.

In Lauzanne, the famous Tissot orders his patients to sit in the cold bath for an hour each time: one of his patients, which I saw, to whom he ordered this remedy, was struck with the hemiplegia in the bath; and several others had their limbs so benumbed by the cold, that it was with the greatest difficulty they could, by long and repeated frictions, be restored again. Many of the French physicians likewise pursue the same practice, and with nearly the same effects. Those sages regard the Russians with the greatest contempt, and their practice as better calculated for *bears* than for human beings; but it were much to be wished, that those, as they imagine, legitimate sons of *Æsculapius*,  
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would first shew the world that they had at least common sense, before they begin to censure the conduct of their neighbours.

But, to return to my subject; while we are endeavouring by cold bathing, and the other means before pointed out, to resolve the obstructions, to strain and purify the blood, and to promote the glandular secretions, it will likewise be necessary to use a proper regimen, that no new acrimony may be formed in the blood to counteract this salutary operation. The diet of the patient should be mild and easy of digestion, and taken in small quantities, so that the stomach and bowels may not be oppressed, the digestion retarded, and what is eat turned bitter and rancid; and that the chyle may not be corrupted with acrid particles. He should make his breakfast of thin light chocolate; of mutton or beef broth, boiled fresh with mild diuretic vegetables, as parsley, cellery, &c. of beef tea, or of good green tea, with milk and sugar; either of these may be used with some slices of light well-made bread, but no butter should be used by a person in this situation: warm milk and bread may likewise be used for a breakfast; and, if the patient finds it to ferment and turn sour upon his stomach, he may add about a tea-spoonful of old French brandy to it, and he will find that it will not produce any effects of this kind, but that it

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will be easily digested. His dinner should be made of boiled chicken, lamb, calves feet, tripe that is not too fat, rabbits, partridges, mild white fish, such as turbot, cod, whiting, the little skate, raw oysters, &c. which should be eat with boiled or stewed vegetables, and the fish with a small quantity of a mild butter-sauce, and just as much vegetable acid as will correct their alkaline nature. His drink should be water, fine small beer; or, if he has been accustomed to drink freely of strong liquors, water mixed with a small quantity of old rum, or old French brandy. His suppers should be very light, and be made of some kind of light broth; or, if he likes it, of milk, taken in the manner which hath been before described: he should sup at least one hour and a half before he goes to bed.

After he has, by these means, gathered some degree of strength, he may, for his dinner, use beef, mutton, veal, fresh pork, which is not too fat, venison, fowls, &c. but all these should be hung up till they are tender, but not till they have lost their natural sweetness: they should not be too much dressed, but be eaten with their own juices, and with boiled or stewed vegetables, or sallads of endive, cellery, or lettuce: light bread-puddings may likewise be used, and a moderate quantity of ripe fruits, according to the season. But, as I have already observed, all  
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kinds of rich spiced sauces, pickles, dried, smoaked, potted, or much salted meat, should be avoided as so many certain, though slow poisons: all kinds of new fermenting liquors are likewise equally pernicious. Wine and punch must be absolutely forbid to every gouty person in this situation; but, if he has been accustomed to live freely, and, as the excuse generally is, cannot do without it, let him add a little more old rum or brandy to his water, which will not only destroy the fermentation and the acrimony which are occasioned by a variety of meats in weak stomachs during the time of digestion, but will also warm and strengthen the coats of the stomach, and promote digestion. However, during the time that he is pursuing this course, fearing that he may be incommoded by an indigestion, and that any more acrid particles may be forced into the blood, he should take a few grains of the powder of the best rhubarb every eight or ten days, to give him one or two stools, and to carry off any acrid matter which may hang upon the *primæ viæ*.

A person in this situation should never eat of more than two or three things at a meal, and never eat as much as his appetite desires; indeed it is variety which increases the appetite, and provokes mankind to eat much more than they ought to do: he should take a



sufficient quantity of liquid to dilute what he eats, and no more. The French practice of eating a great quantity of rich soups at dinner is a very bad one, and should be avoided by every gouty person in this situation ; it lays an acrid load upon the stomach, and relaxes its fibres.

While a gouty person is pursuing this plan, he should have a strict watch over his passions, the irregularity of which may be equally pernicious with the greatest intemperance : violent fits of anger, sudden transports of joy, vexation for losses or disappointments, or a sudden or continued fear, lay the foundation for more diseases perhaps than an excess of eating and drinking ; they oppress the spirits, cause a kind of spasm of the nerves and muscles, retard the animal secretions, and occasion an unequal distribution of the juices in the body ; and, whenever the nerves and fibres are much relaxed and irritable, bring on sudden illnesses, and sometimes death itself.

While a gouty person is pursuing a course of this kind, with the cold bath, and exercises before mentioned, he will find his strength increasing daily, his muscles acquiring new force, and his whole body new vigour ; and, although it may appear to be disagreeable at first to those whose palates and appetites are depraved, yet, after it has  
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been continued some time, they will find it to be the only real basis of a luxury, which may be enjoyed without pain and anxiety; for, except a gouty patient has been greatly relaxed and weakened, in three or four months time he will find his constitution so much strengthened, that he may eat in moderation of any kind of food which nature has furnished us with; but his diet should always be plain, tender, and not too much dressed; should be eat with its own juices, and not in too great a quantity at a time: these words should always be deeply imprinted in his memory. An abstinence from wine for some time will make that liquor the more agreeable to the taste when we want it as a cordial; but when it is used in a great quantity every day, it becomes disagreeable; and where the taste is not extremely vitiated, nature, as it were, shudders at the sight of it: how then can it be called luxury to make use of what is disagreeable to our nature, and what, like a disordered common woman, will fill us with diseases, and shorten our existence?

When the patient, by the united force of those efforts, and a perseverance in the practice of them, has so far braced up his nerves and fibres, and given a due force to his muscles, as to be able to resist this disease, he may soften a little their severity, use the cold bath only occasionally; and, if he has a par-



particular desire for it, drink a glass or two of old wine now and then as a cordial; but, if he wishes to keep himself free from this and other chronical disorders, he should never omit his daily exercise in the open air, whether the atmosphere be cold or hot, or dry or wet, nor ever break through the temperate plan which I have before laid down.

Mankind in general, and particularly those who would willingly live a temperate life, have been much misled with regard to the number of meals which they should take in the day. Many authors have been of the opinion that supper is an useless meal, and sometimes injurious, and that one moderate meal a day is sufficient for the nourishment of the body. Common sense, as well as common experience, teaches us the contrary. If, for instance, a certain given quantity of food is necessary for the nourishment of a weak emaciated body, is it not more rational to divide this quantity of food into three or more different parts, than to load and oppress the stomach with it at one time? The same observation may be made even when there is a strong constitution. I have known many of those people, who imagined they lived very temperately, by not eating supper, and taking only perhaps a dish of tea or chocolate for breakfast, to load and oppress the stomach in  
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such a manner, by the quantity which they eat at dinner, that the digestive powers were almost, for some time, suspended : the keenness of their appetite made them forget themselves. The blood is by this means nourished with crude and indigested particles ; for the digestive powers are so oppressed, that they have not that degree of force which is necessary to triturate and dissolve the nourishment. Others again, find themselves extremely incommoded by the wind and vapours, if they have not something in the stomach at the proper hours for the digestive powers to act upon.

On the other hand, the advocates for this mode of living assert, that supper lies heavy upon the stomach, disturbs sleep, and is the cause that the blood is filled with crude and indigested humours. Supposing that a heavy meat supper is made late at night, and no exercise used afterwards to throw it off the stomach, their observations would certainly be just ; but, in the plan which has been before proposed, it will be seen, that the supper which is there ordered is very light and easy of digestion, and that I have recommended it to be taken at least an hour and a half, or two hours before bed-time ; by this time the digestion will be formed, and the blood will be refreshed with a soft balsamic chyle ; which, so far from hindering the natural rest, will be  
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the means of promoting it : or, if the patient has been tempted to make a hearty dinner late in the day, and finds himself rather heated thereby, instead of his ordinary supper, let him take some stewed prunes, or any good ripe fruit of the season, if he likes it better ; or water-gruel boiled with a handful of currants, to keep the bowels open, and to cool, correct, and carry off the heats and crudities of his indigestion.

Again, many authors have observed, that too much sleep is very destructive to a weak constitution ; that it tends to relax the nerves and fibres, and to weaken the motion of the muscles ; and that no person who has a tolerable share of health, should lie in bed above six or seven hours in the summer, and eight in the winter : but I have not heard that any author has pointed out the destructive consequences of a practice, which has been of late but too much adopted, I mean that of sitting up and passing the greatest part of the night in rioting, or at least in some degree of exercise, and lying a-bed the greatest part of the day. Look through the world in general, and it will be seen, that all those who follow this practice, although they otherwise live tolerably temperate, shorten the course of their lives at least ten or twenty years ; and, if their constitutions are weak and delicate, and their fibres irritable, perhaps to the one half  
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of the period that nature has calculated them for. This being so obvious a fact, every observing person must undoubtedly be struck with it; and, therefore, I shall endeavour to point out the reasons why such a practice must always not only be productive of this great effect, but likewise be the great cause of many disorders, and particularly of hectic fevers and consumptions in young persons, and of the gout and other chronical disorders in those who are more advanced in years.

The great and all-wise Author of nature has ordered us to use our exercise in the day, and to take our rest in the night; and he has formed all nature agreeable to this plan, and governs her by laws agreeable thereto: so that, if we do otherwise, we not only run counter to the primary law, but to all the secondary laws of nature; and our bodies are so formed, that we cannot disobey this great command, without receiving immediately the punishment in ourselves. As soon as the sun quits our part of the globe, and the atmosphere we breathe in is divested of its enlivening rays, our nerves and fibres appear to be a little relaxed, our voluntary muscles to lose somewhat of their contracting force, and we find, as it were, a natural propensity to rest: but, as our involuntary muscles retain

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their usual force, the blood will be protruded more copiously into the minute vessels, because the contractions of the voluntary muscles are now somewhat abated, perspiration, and indeed all the natural secretions, will be increased, and the blood be thereby, in a great measure, purified of all its natural acrid offending particles; and, by gentle rest, the animal powers seem to regain fresh vigour, and the blood a balmy softness.

All the brute animals seem to obey this impulse of nature; the plants close their tender flowers, and even the atmosphere itself, when in a pure and tranquil state, lets fall its fine watry particles, and shews evident signs of a relaxation. Hence, therefore, if we act agreeable to the dictates of nature, and appropriate this time for our rest, we may keep our bodies in health, our blood and juices pure, our secretions free, and our nerves and fibres in a state to bear the operations of nature to that period for which they were ordered by our all-wise Creator. But, on the contrary, if we run counter to the laws of nature, and, by exercise, or rioting, keep up the contractions of our voluntary muscles, and the tension of our nerves and fibres at a time when they should be relaxed, and endeavour to relax them in the day-time when they should be contracted, we disturb

disturb the whole œconomy of our bodies, obstruct perspiration and all the secretions, fill the blood with acrid particles, generate feverish heats and uneasinesses; and, what is worse than all, we every day offer a kind of violence to our nerves and fibres by laying a double load upon them; and, according to the common course of nature, if they could support the ordinary exercises of the body for eighty years, by being thus every day disturbed and oppressed, they will not be able to bear those exercises for more than forty years, or perhaps not so much. We may, by artificial means, promote the natural secretions, and throw off the acrid particles which hang upon the minute vessels, and consequently give a temporary relief; but it is the supreme Being alone who can restore a worn-out system of nerves and fibres to their former vigour.

I would ask those who follow this practice, and particularly those who have not very strong constitutions, whether they do not find all the effects which I have before described, by sitting up and rioting in the night, and sleeping in the day, together with a general lassitude and disagreeable sensation in the whole body, and a dryness in the skin? and whether they ever find that refreshment and agreeable sensation of body from sleeping in



the day-time, and sitting up at night, which they have found after a night's rest? When a person who follows this practice, and perhaps adds intemperance thereto, takes care by artificial means to carry off, in some measure, the acrimony occasioned by an obstruction of perspiration, and of the other glandular secretions, the evil may be palliated for some time; but, if this is also omitted, if the patient is young, a consumption, hectic fever, or some other acute disorder, will soon finish his career; if he is more advanced in years, he will fall the victim to the more lasting torments of a chronical disease. If sitting up at nights, and sleeping in the day, will have those effects upon young persons, whose constitutions are not yet broken down, I think I have no occasion to point out the effects it will have upon old and infirm people, nor to shew how essentially necessary it will be for a person, who is pursuing the before mentioned plan, to secure his constitution against attacks of the gout, to observe the dictates of nature with regard to his hours of rest and exercise; the thing will speak for itself.

But, notwithstanding all that has been said, if some unreasonable person should start up and say, that my plan is so very tedious and disagreeable; and that, supposing it should  
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succeed, it will make a person so unfashionable, that even life would not be worth keeping upon these hard terms; certainly there is some specific, or nostrum in nature, that will cure this as well as other disorders; it is better to be flattered by a Le Fevre, or any other impudent quack, than to submit to those rules, and make life so grievous: I say, if such a person should start up, and make reflections of this nature, I could wish that he would reflect a little, and weigh well the matter before he passes censure thereon; and if he is a man of observation, and has some knowledge of human nature, he will perceive that I have disinterestedly told him the truth, which is always worthy of his most serious attention: and, if he farther reflects, that all the specifics and nostrums which have been practised by ignorant, or impudent quacks, from the days of Galen down to the year 1773, have been discovered to be so many impositions upon the public, and that no such remedy as he wishes for, can exist in nature, he will then, I hope, begin to think otherwise. When he is arrived to this point, I will take the liberty to tell him, that, although the plan which I have laid down may seem a little severe at first; after he has used it some time, he will find that the ideas which he had of it were only chimerical, and the effects of irresolution; and, by  
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perseverance therein, he will find it not only pleasant, but a luxury, as it will be the means whereby he has attained ease and tranquility.

I will likewise, before I conclude, beg leave to observe, that there is no gouty person, except that his vital parts are mortally hurt, his nerves and fibres having lost all their elasticity, or the muscles and tendons of his joints are totally rendered useless by chalk-stones, or collections of the acrid gouty matter; who may not, by this means, be more or less relieved; and, when there is any tolerable strength of constitution remaining, he cannot fail of being radically cured.

I thoroughly examined every part of my plan, before I ventured to lay it before the public; and, although it is, in many respects, contrary to the general opinion which mankind have of those matters, I could wish that those who criticise thereon, would have the candour to examine it thoroughly before they censure it; and, if I have been mistaken in any thing, which may be the case, after all my precaution, I wish that they would inform the public thereof with the same candour and disinterestedness with which I submit my ideas of this matter to their inspection.

Aix-la-Chapelle,  
Nov. 2, 1773.

F. I. N. I. S.

*Lately published by the Author of this Treatise,*

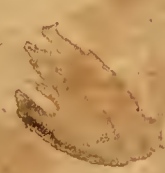
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